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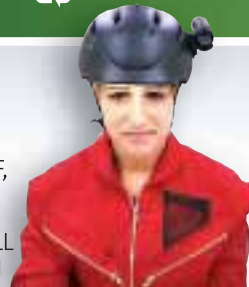
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FEARLESS — OR FOOLISH?

WITH NO PRIZE TO SPEAK OF, NEW SHOW PANIC BUTTON PITS CONTESTANTS AGAINST WALLS OF FIRE AND PITS FULL OF SPIDERS AND RATS **PAGE 8**



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FELT LIKE FORE-EVER

Golfers lined up at the first hole of the Shooters Family Golf Centre for hours on Sunday for the chance to take their first swing at golf this spring. The weekend's beautiful weather allowed the 18-hole course to open nine holes on Sunday morning for the first time this season.

SHANE GIBSON/METRO

Here we go: Runoff begins in Manitoba

Risk downgraded.
Red River expected to crest in Winnipeg in the third week of May



SHANE GIBSON
shane.gibson@metronews.ca

What a difference a couple of weeks and a few degrees can make.

Just a little over a week after revising its outlook to suggest the risk of flooding was getting worse, the province downgraded the risk in the Red River Valley on Friday, pointing to cool temperatures, little precipitation and a slow melt as having made all the difference.

"Your ideal scenario ... was

the kind of weather we've had," Steve Ashton, the minister responsible for emergency services, said Friday.

"I can't remember the last time in southern Manitoba you went from November to just a few days ago without ever going above five degrees."

The water level is expected to be closer to its height in 2006 — when Highway 75 to the U.S. border was closed for 18 days — and not as high as the last serious flood in 2011.

Evacuations are not expected, but some farmers may have to leave their homes if they lose road access.

Up-to-date flood information can be found online at manitoba.ca/flooding or on mobile devices at manitoba.ca. Motorists can check road conditions by calling 511.

Flood Bulletin

Red River on the rise

As temperatures soared into the double digits this weekend, the province released its first flood bulletin of the season, noting rapid snow melt and runoff has started in southeast and south-central areas.

The Red River is on the rise in Winnipeg, according to the bulletin, which said the river had risen from three to 6.7 feet at James Avenue as of Saturday morning and was expected to go up another three feet by Sunday. **METRO WITH FILES FROM THE CANADIAN PRESS**

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Siloam Mission opens new Winnipeg supportive-housing project



Dignitaries open The Madison on Friday. BERNICE PONTANILLA/METRO

Two years after purchasing a Wolseley-area apartment block, Siloam Mission has officially opened the 85-unit supportive-housing project.

The non-profit has been steadily moving residents from its emergency shelter and into The Madison at 210 Evanson St. as rooms were renovated, but Siloam officially cut the ribbon on the completed building Friday.

"The Madison is the first step in our Vision 500 plan to create 500 homes and 500 jobs within the next five years," said Siloam Mission's executive director, Floyd Perras, in a release.

As residents have moved in, we are already seeing the incredible community they have built in a short time. They take care of each other, just like a family would."

Residents enroll in Siloam Mission's transitional support team before taking up a room at The Madison and are expected to abstain from drugs and alcohol during their stay.

Each resident pays about \$615 a month for their room, which includes three meals a day, free laundry machines and 24-hour on-site support. **METRO**

JUMP ON THE PLAYOFF BANDWAGON



WHAT'S GOOD
Ace Burpee

No, the Jets won't be participating in NHL playoffs this year, but there will still be games on every night. Playoff hockey is awesome, and here are some (random) things to think about if you'd like to jump teams:

St. Louis Blues: Alex Steen, Ryan Reaves and Andrew Murray are beauties and are all born here. And goalie Brian Elliott's dad directed Bumper Stumpers, which might be the greatest dumbest game show of all time.

Anaheim Ducks, Boston Bruins or Ottawa Senators: They all have players over 40. Alfredsson, Jagr and the oldest and most awesome of the bunch — Teemu. The average age of the Winnipeg Jets is 26.

L.A. Kings: Dustin Penner is worth cheering for simply because of his Twitter account. @DustinPenner25 "RT if you just ate 2 gordita crunches from Taco Bell in a Walmart parking lot while your German shepherd watched with judging eyes #cheatday". Beauty.

San Jose Sharks: They have 17 Canadians on their roster.

Pittsburgh Penguins: Brendan Morrow married the daughter of former Canadiens and Star's Guy Carbonneau. They were teammates for years.

Montreal Canadiens: Their captain is five-foot seven, a full three-quarters of an inch shorter than me, and I'm short.

Toronto Maple Leafs: Colton Orr's dad is super nice. As good a reason as any.

ACE BURPEE IS A LOCAL WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD.

NHL's Alexander Steen to open play centre

South Winnipeg.

Great Big Adventure to include state-of-the-art play structure

NHLer Alexander Steen is embarking on a big adventure, ponying up \$1 million toward a family entertainment centre near IKEA.

The Winnipegger, who plays forward on the St. Louis Blues, will own the 12,000-square-foot facility, called Great Big Adventure. It is set to open mid-summer of this year.

"I wanted to create an inviting environment to give kids a chance to grow, learn and play," said Steen in a press release.

Jarret Hannah, Adventure's vice-president of operations,

said during a press conference on Friday that he expects there will be about 30 to 40 staff.

"Alex sees this project as yet another vehicle to benefit kids," added Hannah.

Hannah said that for the price of admission, the centre offers a state-of-the-art, 3,500-square-foot play structure featuring five 15-foot slides, a toddler area, a miniature hockey play area as well as birthday party rentals, child care, nursery school, summer camps and charity events.

Facility manager Jackie Cunningham said what sets the centre apart is the programming, which will be run and facilitated by early childhood educators.

The centre will be located at 960 Lorimer Blvd.

BERNICE PONTANILLA/METRO



The layout of the play structure of Alexander Steen's Great Big Adventure. The NHLer and Winnipegger is planning on opening the indoor family entertainment centre mid-summer.

METRO/HANDOUT



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Spree. Police nab 2 after violent string of robberies

Police have two men in custody in connection to a string of violent robberies dating back to February.

Police began their investigation after several suspects confronted a 46-year-old man as he parked his vehicle in a garage in the 300 block of McAdam Avenue Feb. 10.

The suspects forced the man to drive to a nearby credit union and robbed him of cash he was forced to withdraw. The suspects eventually let the man go but stole his vehicle.

Then around 10 p.m. on March 16, several suspects confronted a 22-year-old man while he was in his parked vehicle near Portage Avenue and Young Street. The suspects entered the victim's vehicle and tried to rob him but the man fought back and drove away with one of the suspects still in his vehicle. But an altercation occurred causing the man to crash and both the victim and the suspect took off on foot.

Then on March 20 police said the same suspects re-

Arrested and charged

- **Derrick Duff, 25.** Arrested April 20, and is facing a number of charges, including three counts of uttering threats to cause death or bodily harm and robbery with a weapon.
- **Dalton Roussin, 19.** Arrested April 26, and is also facing a number of charges, including kidnapping, forcible confinement, and three counts of robbery with a weapon.

sponded to an online ad and agreed to sell a smartphone to an unsuspecting victim, but instead confronted the woman and her two small children, robbing her of cash when they met to make the deal.

Both men have been detained, and police continue to investigate.

METRO



Canada Games coming to Winnipeg in 2017

The Canada Summer Games for 2017 were officially awarded to Winnipeg on Friday in a ceremony at the Forks. The University of Manitoba will host the athlete's village, and the opening and closing ceremonies will take place at Investors Group Field. The total cost for the Games is estimated at \$26 million, to be shared by all three levels of government. **BERNICE PONTNAILLA/METRO**

Funding cut. Jockey Club taking complaint to court

The Manitoba Jockey Club is arguing in court that the provincial finance minister is being heavy-handed in his plan to cut \$5 million in funding to Assiniboia Downs racetrack.

Jeffrey Rath, the club's lawyer, argued Friday that Stan Struthers knew the cut would seriously hurt the racing business. The club, which owns and operates the track, is asking the judge to stop Struthers from slashing the subsidy.

Rath argued Struthers and Manitoba Lotteries broke a legal contract between the Jockey Club and the Crown corporation. The province is backing a plan that would see the Red River Exhibition spend millions of dollars to renovate and take over the track.

A lawyer for the Selinger government argued the court shouldn't override a minister's decision.

CTV WINNIPEG/THE CANADIAN PRESS

Single-vehicle rollover

Man killed on Highway 210

A man is dead after his car rolled several times on a highway near Marchand, Man. Saturday night.

Steinbach RCMP responded to the single-vehicle rollover on Highway 210 around 9:30 p.m.

Two other adults in the car at the time sustained serious injuries but are both currently in stable condition. The victim is not being identified pending notification of family. **METRO**

Drunken fight

Winnipeg stabbing leads to arrest

Police stopped a fight early Sunday that left one man stabbed. Police said an argument broke out at a residence and escalated when a 21-year-old man assaulted two women. A 39-year-old man intervened and the two men were fighting when police drove by.

Steven Pangman, 21, was charged with aggravated assault, possession of a weapon for a dangerous purpose and two counts of assault. **METRO**

North End

Woman robbed and stabbed

Police are looking for two men after a woman was stabbed and robbed in the North End early Sunday.

The victim was left with non-life threatening injuries. The first suspect is aboriginal, 5-foot-8, 130 lbs. The second suspect is aboriginal, 5-foot-8, with a skinny build. Anyone with information should call investigators at 204-986-2848 or Winnipeg CrimeStoppers at 204-786-TIPS. **METRO**

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Owner of collapsed factory caught trying to flee Bangladesh

Garment plant tragedy.
Fugitive businessman captured in border town; meanwhile, rescue efforts halted after fire breaks out in rubble

The fugitive owner of an illegally constructed building that collapsed and killed at least 377 people was captured by commandos as he tried to flee into India.

Mohammed Sohel Rana was arrested Sunday in the western border town of Benapole, said Jahangir Kabir Nanak, junior minister for local government.

Meanwhile at the disaster site, fire broke out in the rubble and forced authorities to suspend the search for survivors temporarily.

Rana was brought back

by helicopter to the capital of Dhaka, where he faced charges of negligence. Rana's capture was announced by loudspeaker at the disaster site, drawing cheers and applause from those awaiting the outcome of a continuing search-and-rescue operation for survivors of Wednesday's collapse.

Many of those killed worked at clothing factories in the building, known as the Rana Plaza. The collapse was the deadliest disaster to hit the garment industry in Bangladesh, which is worth \$20 billion annually, supplies global retailers and is a mainstay of the economy.

The fire that broke out late Sunday night sent smoke pouring from the piles of shattered concrete and halted some of the rescue efforts — including a bid to free a woman who was found trapped in the rubble.

THE ASSOCIATED PRESS



Relatives of missing workers in a building that collapsed on Wednesday hold pictures of their family members in Savar, near Dhaka, Bangladesh, on Sunday.
KEVIN FRAYER/THE ASSOCIATED PRESS



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Who's the space cadet on the new \$5 bill?

Funny money. Dextre, Canada's extraterrestrial robotic go-to guy, rockets to fame on plastic notes — leaving focus groups scratching their heads

The Bank of Canada is set to unveil its latest plastic bank notes this week — but documents show some people found one of the new bills too “cartoonish” and the other too old-fashioned.

Focus groups consulted about the proposed images for the new bank note series thought the space motif of the new \$5 bill looked childish.

“There is a perception that the note looks ‘cartoonish’ or too child-like,” says a 2009 report commissioned by the bank from The Strategic Counsel, obtained by The Canadian Press under the Access to Information Act.

Others were left scratch-



The Canadian Space Agency's robotic handyman, known as Dextre, ferries cargo from the Kounotori2 cargo ship to the International Space Station in this February 2011 file photo. Dextre will be featured on one of the Bank of Canada's new plastic notes. NASA/THE CANADIAN PRESS FILE

ing their heads over the depiction of Dextre, a Canadian robotic handyman on board the International Space Station. Some people wrongly assumed Dextre was the name of an astronaut shown on the bill, while others had no clue who the name referred to.

“Dextre is not recognized — although once explained, it is accepted as an element of

Canada's contribution to space technology that should be kept,” the report says.

“The image of the space station is not recognized. It is confused with a concept drawing.”

But if some people were stumped by the space-age technology on the \$5 bill, others complained the train on the new \$10s looked too quaint.

THE CANADIAN PRESS

Trade

U.S. border fee not going to happen, congressman says



A truck carries vehicles to the U.S. over the Peace Bridge crossing in Buffalo, N.Y. THE CANADIAN PRESS FILE

A U.S. congressman says Canadians should not be overly concerned about a proposed border crossing fee, saying it just isn't going to happen. Democratic representative Brian Higgins, from Buffalo, N.Y., told CTV's Question Period on Sunday that he has a lot of allies in the U.S. Congress who will stop any legislation that includes a fee.

Higgins, a member of the Homeland security committee, has been a vocal critic of a proposed study on a border fee since it was spotted last week buried in the department's 2014 budget. THE CANADIAN PRESS

Food safety. Beef industry to propose using irradiation

Canada's beef industry is about to ask the federal government to approve the use of irradiation in meat-processing plants to kill dangerous E. coli bacteria in a full range of meat products.

The Canadian Cattlemen's Association says it is updating an application that was first made to Health Canada in 1998 for ground beef, but was turned down because of public concerns. Irradiation involves bombarding meat with radiant energy similar to X-rays.

“Food irradiation is likely the most effective intervention remaining that we don't already use. And when you add irradiation, on top of the

existing food safety system, we could essentially eliminate E.coli-related illness from beef products,” said Mark Klassen, the association's director of technical services.

“Our proposal now is saying we would like to get permission to irradiate any kind of beef.”

Prof. Keith Warriner, a University of Guelph food safety expert, said irradiation kills E. coli by degrading the bacteria's DNA. The process can turn the colour of meat slightly grey, but doesn't change its taste.

Warriner said many Canadians eat irradiated food every day. They just don't know it.

THE CANADIAN PRESS



Steaks are displayed at a grocery store in this file photo. Canada's beef industry is about to ask the federal government to approve the use of irradiation in meat-processing plants to kill E. coli bacteria. THE ASSOCIATED PRESS FILE

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SIX WAYS TO KILL A CYCLIST

With a late start to spring, it seems many people are impatient about the late start to cyclist hunting season.

During a short ride on Saturday afternoon, I had cars honk at me, rev their engines at me, and pass me within inches.

So, for the benefit of those who really want to bag a big one this summer, here are a few (completely facetious) tips from your prey:

1. Hit them with your car. Unimaginative, but remarkably effective. Works best at intersections.

2. Drive in the bike lane. In recent years, bike lanes have been added to many Winnipeg streets. In some areas, the paint is still visible enough to make out where the bike lane is supposed to be. Many cyclists naively expect they'll be safe riding within the painted bike lanes. Fools. But you can surprise them — to death! — by popping in and out of the bike lane with your car, or use it for parking.



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3. Door them. If you're lazy, the good news is that your car doesn't even have to be moving to kill a cyclist. Just park along a popular bike route, and randomly fling open your door without checking to see if someone is coming first. If you're lucky enough to catch a cyclist, the end result for them is a lot like riding into a brick wall at full speed.

4. Honk at them. Honking your car horn might seem like an innocent way to express your frustration to cyclists about their existence. And maybe they've done something annoying, like pulling into the middle of a lane at a stop sign to avoid being crushed. Jerks. But since the sound of a horn is much louder outside of a car, a blast delivered at the right moment can be enough to startle cyclists and send them careening into traffic or off the road.

5. Give them a right hook. No, not the boxing punch,

but that might work, too. On the road, a right hook is when you speed ahead of a cyclist, only to immediately slow down to make a right turn. Timed correctly, the cyclist will fly over or be dragged under your car. Particularly effective if you're driving a semi-trailer.

6. Infrastructure them to death. This is an advanced technique, as it requires you to get elected to city council or secure employment with the public works department. But once there, a number of effective cyclist minimization strategies are available, like neglecting to repair massive potholes on the edge of the road, forgetting to repaint bike lanes, not replacing tire-grabbing sewer grates, and failing to build safe alternatives to riding on major roadways.

Of course, cyclists, you can do your part to make the pursuit more challenging.

Don't ride aggressively, don't pass cars on the right, don't ride on the sidewalk unless you're five years old (or it's the safest, quickest way between two bike routes), wear your helmet, call 3-1-1 about dangerous roads, and keep your head up.

Happy hunting, everyone!

ZOOM

Half military, half citizenry



ILYA PITALEV/2013 SONY WORLD PHOTOGRAPHY AWARDS

Pyongyang crowd picture wins award

"In Pyongyang, half the people I saw were army men, the other half were civilians." These words by Ilya Pitalev are perfectly illustrated by his shot of soldiers and citizens in Kim Il-sung Stadium. Pitalev won the current affairs category at this year's Sony World Photography awards for his images of North Korea. **METRO**

Q and A

A microcosm of North Korea



ILYA PITALEV
Photographer for RIA Novosti news agency, 42, from Moscow

How did you capture this striking juxtaposition?
The shot was taken inside

Kim Il-sung Stadium. When the crowds first caught my eye, I could simply make out a geometric line dividing the people in two. There and then, I didn't think it was some profound or philosophical photograph — above all, it was a good, visual shot. But then after some time, I began to understand that the image

reveals something about the country and its society.

What would you tell the world about North Korea?
That people there have their own celebrations in life and can find happiness. But they exist in a separate world, difficult for understanding from outside the country.

Clickbait

OK, it's time to mix up the 24-hour news updates, sports highlights and celebrity gossip that flood your Twitter feed, and incorporate some nonsensical, but punny accounts that pack their 140-character posts with something to snicker about.



AIMANNESSPHOTOGRAPHY/FICKR

@Pundamentalism:

With puns such as, "Damn girl, you must be an English teacher, because when you're around I'm careful with the use of my colon," and, "If Satan loses his hair, there'll be Hell toupée," and other updates that vary between LQMS and LOL, for example, "Thank-you for calling the Chronic Indecisiveness helpline. Please select one of the following 15 options," there isn't room for the mundane.

@SixthFormPoet:

If you can relate to self-deprecating humour with some intermittent cheesiness spliced into the mix, the Sixth Form Poet is just for you. With gems like, "I'll have what she's having." - Me, watching a woman having a nervous breakdown," and "Never Eat Stolen Wheat." - Moral compass," it's no wonder there is an entire book comprised of these jokes.

@GSElevator:

This over-heard-in-the Goldman Sachs' elevator account is a cross between the like-ly and the too-good-to-be-true. Employees are encouraged to email awkward moments. Here's one glimpse into the lives of the one per cent: "#1: Spent last night pouring champagne, feeding her dessert, & telling stories of my trip to Bhutan. I've never been to Bhutan." No need to envy the proverbial fly on the wall.

Tweets

Don Cherry said the men's locker room is no place for a woman during his weekly Coach's Corner segment on Hockey Night in Canada Saturday night while discussing the controversy around Chicago Blackhawks defenceman Duncan Keith (whose comments to a female reporter have been called sexist).
Naturally, fans took to Twitter to comment. What's your stance? Let @metropicks know.

@therealmcguirkk: don cherry bang on with his comments last night... imagine a male reporter in a female changeroom with naked women..oh the atrocity #feminazi

@Jare_Bear16: Rons face when don says women shouldnt be in the changeroom.. lmao

@mrcanadiantech: Looks like Don Cherry said something again, but I have to agree with him on this one.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

TV Briefs

Two and a Half Men losing cast?

CBS announced on Twitter last Friday that it's bringing Two and a Half Men back next season, but didn't address whether the full cast would return. The series stars Ashton Kutcher, Jon Cryer and Angus T. Jones as Cryer's son. Jones' character is serving in the Army this season and has been somewhat less visible on Two and a Half Men.

THE ASSOCIATED PRESS



Will Angus T. Jones return to Two and a Half Men?

GETTY IMAGES

NBC renews five dramas

Television producer Dick Wolf will be busy next year. NBC said Friday that it has renewed five of its dramas for next season. Two of them — the long-running Law & Order: Special Victims Unit and Chicago Fire — are made by Wolf and his team. Revolution, Parenthood and Grimm were also given the guarantee that they will go on for another year.

THE ASSOCIATED PRESS

More Skinnygirl headed our way

Bethenny Frankel plans to expand her Skinnygirl line of wine and spirits and power bars to include more food products. "You'll definitely see Skinnygirl food," the former reality TV star said in a recent interview. "If it's something that I'm passionate about, if it's something that solves a problem for women in particular because that's who I connect with the most, and (it's) any product that I can improve upon or any problem that I can solve, then Skinnygirl will be attached to that."

THE ASSOCIATED PRESS



Panic Button premieres Tuesday on Space. HANDOUT

Who's afraid of a big, bad show?

Panic Button. New series pits people against their primal fears — and the only prize is bragging rights

What is your deepest, darkest innermost fear?

Participants come face-to-face with what scares them most in Panic Button, which premieres Tuesday at 10 p.m. ET on Space.

Volunteers are outfitted in red jumpsuits and helmets and invited to wander through a Big-Brother-style house of horrors in an environment that is Saw scary. Besides all manner of psychological terror, including being blindfolded, confined in tight spaces and wading through muck, they also have to endure live snakes, spiders and rats.

It all takes place in what was — appropriately enough — once a slaughterhouse in Toronto's West End.

This too-much-reality series features many slasher film motifs. Stark white rooms

with No Exit stencilled on the wall above the entrance-way give way to darkened, creepy corridors littered with hoses, wires and ankle-deep swill. At one point, players are confined in a standup metal booth the size of a coffin, which is then pushed through a wall of flames.

That's the easy part. Then the critters are unleashed. In some episodes, even Doberman.

"This is psychotic," says one woman who braved her way to level three.

A disclaimer at the end tells viewers that "No harm was done to any animal" during the course of production. But what about the humans?

Players are given red, lit panic buttons they wear on their suits and can push the second it all gets too intense. The surprise in the pilot is who slaps theirs first and who holds out until the bitter end.

The strength of the series is all in the power of suggestion, says Jonathan Dueck (Destination Fear), one of two producers who gave reporters a walking tour of the creepy set.

Dueck explained that a dis-

embodied voice (sounding like a woman with a slight British accent) gives participants seconds to follow commands. People are blindfolded and stripped of cellphones. Fifty per cent of the participants don't get past the first maze.

Women, reports fellow producer Kevin Healey (Scare Tactics), are more likely to be brave and proceed farther into the maze. Men are generally fraidy cats. "Guys are falling like fall leaves," says Healey.

There is a disturbing kinkiness to some scenes. Women are shown shackled in Plexiglas cages, arms in chains. A smaller Plexiglas box is lowered onto one woman's head. Snakes are then dumped into the box, slithering around her neck and right before her eyes.

Five participants in the first episode, between ages 19 and 31, are reduced to screaming swear machines as they wander about in the darkness. One is a music teacher afraid of snakes, another an amusement ride operator who hates rats.

One man, Kayvon, is a pharmaceutical sales rep described as "an ultra-competitive alpha

Panic prerequisites

Participants are carefully tested and screened; people with heart conditions need not apply. All sign disclaimers the size of phone books. In what might be the scariest news of all, there is no prize money awarded for making it all the way through this chamber of horrors. "People just like to test their limits," says Healey, who sees his show as one big, psychological testing ground. "There are bragging rights to say you confronted your deepest fear and conquered it."

male." He takes the challenge despite being "scared of bunny rabbits." One woman says she is doing this to prove to her young niece that she's "no scaredy cat."

All say they are doing this to overcome fears, but most must leave with vivid new nightmares. This series should be sponsored by an adult diaper company.

THE CANADIAN PRESS



Justin Bieber and Selena Gomez. ALL PHOTOS GETTY IMAGES

Bieber and Gomez continue to play up their reconciliation

In what has to be the surest sign yet that Justin Bieber and Selena Gomez have rekindled their romance, the Canadian pop star posted a photo to Instagram over the weekend of himself hunched shirtless over his laptop with a squinty-eyed Gomez cosying up behind him, arms around his midsection.

And the caption he chose

for the revealing photo he shared?

“You’ve been makin’ music for too long, babe. Come cuddle” — her.

And there’s further speculation about just how long they’ve been back together, as the picture was taken before Bieber acquired the tiger tattoo on his bicep he debuted last week.



Martha Stewart

Martha Stewart finds online dating to be half baked

Martha Stewart once turned to online dating site Match.com to help her find a boyfriend — but she couldn’t go through with it.

“I started laughing halfway down the page,” she tells Matt Lauer in an interview.

“It was, like, impossible.”

But Stewart insists, at least, that if she does go through with an online dating profile, she wouldn’t hide her identity.

“I want to do my real thing,” she says.

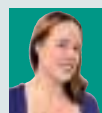
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



McGowan is letting her hairstyle go to her head



THE WORD
Dorothy Robinson
scene@metronews.ca

The newly platinum blonde actress Rose McGowan says her look is giving her a toughness she didn’t have before.

“Part of (going blonde) is because I’ve been told (brunettes) look accessible and pleasing to the men in L.A. so as not to scare them. But then I realized I always scare them so f— it — I’m just going to do whatever I want and I’ve always wanted short platinum blonde hair so screw it....The men in Hollywood aren’t men — they’re guys like (whispers) Judd Apatow.”

McGowan says this last

part while making a face to suggest that Apatow doesn’t chop his own wood, and adds, “Real men are hard to come by.”

McGowan is so fierce during our recent interview on the Rooftop Terrace at Gramercy Park Hotel, it is hard to believe that the whole point in her talking to me is to promote the limited edition rose wine, Apothic Rose.

“I only drink Rosé, isn’t that funny?” she says in a way that makes me feel it isn’t contractually obligated. “I like it ghetto style — I usually pop an ice cube in it to chill it and take the sweetness out of it.”

If you can’t tell by now, McGowan isn’t afraid to let loose on the current battle of the sexes in Hollywood.

“It’s all frat guys; they condone sexism. The execs and the agents. They are people who went to law school and it wasn’t sexy enough ... It’s not like they want to be a part of great film making or anything,” she said.



Lindsay Lohan

Will it be one luxurious rehab or another?

With less than a week to go before she’s set to begin a court-ordered 90-day rehab stay, Lindsay Lohan reportedly still can’t decide on which facility to check herself into, according to E! News.

“It is too hard for her,” a source says. “She doesn’t know yet, and it’s been really hard for her to decide. Time

has caught up too soon, but nowhere has been decided.”

Her two top choices reportedly include a facility in New York City and a luxurious retreat on the Caribbean island of Antigua that would run more than \$70,000 for the three-month stay. Lohan is due to check in somewhere Thursday.



Gwyneth Paltrow

Paltrow’s premiere proves revealing

While Gwyneth Paltrow has received high marks from fashionistas for the sheer side panels in the gown she wore to the Iron Man 3 premiere last week, not everyone was a fan of the underwear-free look, and the Oscar-winning actress tells Ellen DeGeneres that she

was “humiliated” by the bad press the gown received.

“I kind of had a disaster. I was doing a show and I ... couldn’t wear underwear,” Paltrow says of the decision to rock the look. “Let’s just say everyone went scrambling for a razor.”

Twitter



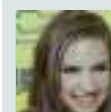
@kerrywashington

Heading to NYC for an especially fancy fashion fitting!



@ElizabethHurley

Six dogs staring hopelessly at me-longing for a walk.



@lenadunham

It will shock no one to learn that twice a week I run to the garbage chute pantsless. I bore myself.

Book

Drunk Mom tells painful story

As the mother of a newborn, Jowita Bydlowska justified her drinking as research for a novel about alcoholism. The final result? A memoir about her own struggles with addiction.

Drunk Mom (Random House, \$22.95) is an agoniz-

ing catalogue of Bydlowska's drunken parenting failures, filled with excruciating details like the fact that she kept a secret stash of bottles in her son's sock drawer.

"I'm told that I have a dark sense of humour," says Bydlowska. "I don't know if I did it consciously, but you need a bit of relief."

She also writes with piercing honesty about using Google to determine

if her breast milk was safe to drink, hiding bottles of vodka in her son's stroller and fighting with her partner, author and newspaper columnist Russell Smith.

After three and a half years of sobriety, Bydlowska had a drink at a friend's wedding in Warsaw before she knew she was pregnant.

She relapsed into full-blown alcoholism with a glass of champagne follow-

ing the birth of her son.

She does wonder about what her son will think when he reads the book. "I certainly have this idea of him being a 13- or 14-year-old and throwing it at the wall," she says.

"My hope is that he'll read it with an open mind and an open heart. It's a memoir, but it's also a form of (making) amends."

THE CANADIAN PRESS

Exclusively online

Follow along with the comedic (mis)adventures of mommyhood online with **Reasons Mommy Drinks** at metronews.ca/voices



What to expect when you're expecting after the age of 35

Pregnancy.

Dr. Glade Curtis is a national authority on pregnancy. Now he turns his knowledge to the mid-30s set

NATALIE SHURE

Metro World News in New York City

As author of 18 books on women's and baby's health, Dr. Glade Curtis is a national authority on pregnancy.

A newly revised edition of *Your Pregnancy: After 35* is the latest addition to the authoritative *Your Pregnancy: Week by Week* series, co-authored by consumer and family studies expert Judith Schuler.

The updates are geared toward an ever-increasing proportion of women who choose to have children in their mid-30s and beyond.

What did you consider when updating this book?

I think it's critical, when

people want information about their health and pregnancy, that the information is up-to-date. I looked at every part of it to add new information, including how the science has changed. I think one of the more exciting areas for this population of pregnant women is all of the things we're learning about genetics and genetic counseling.

What are the best parts about pregnancy at this age?

They're more informed, and they're more aware of potential risks and problems. They have taken good care of themselves — if you compare that to an 18-year-old who wasn't trying to get pregnant, then it becomes clear that we don't need to be scared to death of these pregnancies.

What do women find most useful about this book?

The most important thing is being armed with accurate information so that when they visit their doctors they can ask the appropriate questions. The other thing is re-



Women who are older than 35 are more aware of the potential risks that come with pregnancy. ISTOCK

assurance. For any woman and any couple, being pregnant is scary — the book reassures women that these are normal things that are happening.

What are some of the field's most important new med-**ical advances?**

One of the most exciting advances is all that has happened in ultrasound technology. Ultrasound has gotten so good, there are so many things we can do to evaluate the baby and help with the pregnancy.

What should expectant couples keep in mind during a pregnancy?

I think it's always important to remember to enjoy the miracle of birth. So, make sure you enjoy the excitement, the fun and the miracle of having a baby.

Before IVF, try these baby-making tricks

LINDA CLARKE

Metro World News in New York City

If you're having trouble conceiving, you're not alone.

Women's health expert Dr. Donnica L. Moore, a spokesperson for the Clearblue ovulation test, says that some problems in conceiving can be avoided. She and Dr. Victoria Maizes, author of *Be Fruitful: The Essential Guide to Maximizing Fertility and Giving Birth to a Healthy Child* gave

us a preconception checklist.

Be patient

"Women erroneously think that once they stop taking birth control — voila! They will become pregnant. It can happen, but generally the hormones have to settle down," says Moore.

Mark your calendar

"There are four or five days when a woman is most likely to conceive," says Moore. "The time of ovulation and

a few days before is when couples need to plan to have intercourse. That's where Clearblue come in. It checks the LH surge (a rise in luteinizing hormone, which happens right before ovulation starts)."

Enjoy sex

"Procreational sex is very different from recreational sex and it puts a lot of stress on couples. That stress makes you less likely to want to have sex, and it becomes a cycle," says Moore.



There are four or five days when a woman is most likely to conceive. ISTOCK

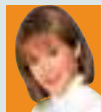
Ditch low-fat dairy — really!

"Whole-fat dairy products are associated with a lower risk of infertility. This may be due to

the way the hormonal balance shifts when we remove milk fat to make low-fat milk product," says Dr. Victoria Maizes.

Healthy eating

Choose it and lose it



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Don't be fooled by some key words when ordering pizza.

Mrs. Vanelli's Roasted vegetable Pesto Pizza (2 slices)

1200 calories/ 66 g fat

Vegetarian doesn't mean healthy. There's garlic spread and pesto, which are oil based, adding to the higher calories and fat. You're consuming three quarters of your daily calories and half your daily fat.



Equivalent

Two slices of Mrs. Vanelli's Roasted Vegetable Pesto Pizza are equal in fat to 11 McCain's Deep 'n' Delicious Three-Cheese Mini Pizzas.



Mrs. Vanelli's Hawaiian Pizza (2 slices)

860 calories/ 26 g fat

If you choose this pizza made with ham and cheese, you will save about 350 calories and 40 gm of fat.



Live Below the Line challenges people to live under the poverty line for five days, and to buy all the food and drink needed to survive during that time with just \$8.75 a week or roughly \$1.75 a day. Here are some recipes to help you take the challenge.

In the kitchen and below the line

IZABELA SZYDLO
life@metronews.ca

What do celebrities like Ben Affleck, Hugh Jackman, Canadian actor Ennis Esmer, Osman 'Oz' Bey of CTV's The Listener and Carrie-Lynn Neals of CityTV's Seed have in common with thousands of Canadians and Americans?

They're all taking part in the Live Below the Line challenge, during which participants spend just \$8.75 a week or roughly \$1.75 per day (\$1.50 in the United States) on all daily food and drink from today to May 3.

The \$1.75 per day mark is the Canadian equivalent of the poverty line and the goal of this challenge is to begin a national dialogue to change the way Canadians think about the choices made every day by those living in extreme poverty.

In addition to raising awareness by partaking in the challenge, Canadians are raising

Ingredients

- 100 g linguine
- 1/2 Italian sausage, casing removed
- 1 white mushroom, halved and sliced
- 1 tbsp tomato paste
- Pinch of dried oregano

funds for four partner organizations: Cuso International, Spread the Net, RESULTS Canada and Raising the Village.

"Living on \$1.75 per day is not about pretending to be poor," says Erin Deviney, Canadian campaign manager of Live Below the Line.

"It's about raising awareness of the difficult choices 1.4 billion people must make to survive each day and supporting partner organizations directly combating extreme poverty."

Chef John Placko of Modern Culinary Academy, one of Canada's top culinary consultants, and Christina Frantzis, a food

Linguine with Sausage and Mushroom Ragout



This dish costs \$0.64 per person to make. MARTHA WEBER

stylist and recipe developer, have created recipes to help Canadians with the challenge.

Linguine with Sausage and Mushroom Ragout

1. Fill a medium-sized pot with water and bring to boil. Cook pasta according to package in-

structions then drain.

2. Add sausage to small pan and break it up while sautéing over medium heat until almost no pink remains.

3. Slice mushroom and add to a pan. Cook over moderate heat

until softened.

4. Stir in tomato paste and reserved cooking water into sausage mixture and simmer until reduced by half. Add oregano and spoon sauce over pasta and enjoy. **CHRISTINA FRANTZIS, FOOD STYLIST AND RECIPE DEVELOPER**

Breakfast. Apple Cinnamon Five-Grain Pancakes



These pancakes cost \$0.56 per person to make. MARTHA WEBER

1. In a small bowl, add the water into the pancake mix. Stir gently then add in the cinnamon and apple until the mixture is smooth.

2. In a non-stick skillet over medium heat, ladle batter according to desired size.

3. Cook for 2 minutes or until bubbles form in the batter. Turn and cook for 1 to 2 minutes longer or until golden and puffed.

4. Dust finished pancakes with icing sugar and enjoy. **CHRISTINA FRANTZIS, FOOD STYLIST AND RECIPE DEVELOPER**

Ingredients

- 3/4 cup water
- 3/4 cup 5-grain pancake mix
- 1/2 tsp ground cinnamon
- 1/4 cup apple, diced
- 1/2 tsp icing sugar

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It is imperative that Gen Ys recognize the contribution of boomers, and by doing so they will hopefully pave the way for mutual respect. ISTOCK

continue to do little to mentor younger workers, says Donna Stevenson, a business coach and recruiter who's studied the issue.

Stevenson surveyed 100 senior leaders and human

resource managers across the country who told her baby boomers are reluctant to share their workplace expertise.

"This failure to pass on the torch will leave waste-

lands of organizational know-how as 50 per cent of baby boomers prepare to retire over the next seven years."

Since many senior management positions are held

by boomers, and since the next group, known as Generation X (those born in the early '60s to early '80s), is too small to pick up the slack, it will be left to Generation Y (those born after the

You got me all wrong

"I was under the impression Generation Y didn't want to learn and that's not true at all. They want to move ahead. What we're pitching is the need for organizations to have a leadership legacy."

Donna Stevenson
Business coach and recruiter

early '80s to 2000s) to do so.

"I was under the impression Generation Y didn't want to learn and that's not true at all," says Stevenson. "They want to move ahead. What we're pitching is the need for organizations to have a leadership legacy."

Her research also found that less than 25 per cent of companies have succession planning in place.

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The whys and the hows

Why are boomers less inclined to help younger workers? Here are four reasons that Stevenson's research identified, as well as how Gen Ys can overcome them and get a boomer boss to share their workplace expertise.

- **Boomers fear not being needed anymore.** Stevenson recommends younger employees use their technology related skills as bait. "Find boomers who are in roles you'd like and offer to help them learn social media skills, even if it's so they can communicate with their grandkids."
- **Boomers lack the time and resources to mentor.** Stevenson says what they're really saying is they don't know how to mentor. As a Gen Y employee trying to overcome this, get involved in a work project that will have a significant influence over the organization. By participating you're bound to at least pick up pointers from senior staff and perhaps even plant the seed for a mentoring relationship.
- **There's no mentoring motivation within the organization.** Gen Y subordinates should be more flexible in being available for senior leaders, says Burlington-based recruiter Claire Gibson. Try to find projects that you can collaborate on. Again, use your digital skills to turn boomers' heads.
- **There's no one in the organization worth mentoring.** This probably points to organizations that have poor mentoring cultures. Gen Y workers should try to find organizations that foster senior leaders who coach and guide. Ask during the interview process how the organization cultivates its mentors, says Gibson.

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Senators block Bruins from winning Northeast

NHL. Ottawa leapfrogs New York Islanders in East and draws Montreal in first round; Boston gets Toronto

Jean-Gabriel Pageau scored the tiebreaking goal with 3:34 to play and the Ottawa Senators beat Boston 4-2 on Sunday night in the NHL's rescheduled regular-season finale.

The victory gave the Senators the seventh seed for the Eastern Conference playoffs and a matchup with Montreal and dropped the New York Islanders into eighth and a first-round series against the Pittsburgh Penguins.

The Bruins, who could have won the Northeast Division and earned a No. 2 seed with a win, finish fourth; they will play Toronto in the first round.

The game was originally scheduled for April 15, the day of the Boston Marathon bombings. It was the only NHL game on Sunday, with the rest of the league wrapping up the regular season by Saturday.

Kyle Turris scored an empty-netter with 37 seconds left.

Robin Lehner stopped 34 shots for the Senators, who

| On Sunday | |
|-----------|--------|
| 4 | 2 |
| Senators | Bruins |

had not beaten Boston in their previous 14 tries.

Tuukka Rask made 18 saves for Boston, which had won two straight division titles.

Pageau also assisted on Erik Condra's goal that made it 1-0 with three minutes left in the first period. Jared Cowen scored midway through the second to give Ottawa a 2-0 lead.

But the Bruins scored twice — on Rich Peverley's goal with 3.4 seconds left in the second period and again on Dennis Seidenberg's goal just 14 seconds into the third.

It was still tied when Pageau swept a rebound past Rask to give the Senators a 3-2 lead. The Bruins couldn't manage any pressure with Rask pulled for the final minute, and Ottawa clinched it when Erik Karlsson lofted it out of the zone to Turris, who wristed a long shot into the empty net. **THE ASSOCIATED PRESS**



Ottawa Senators defenceman Erik Karlsson holds off Chris Kelly of the Boston Bruins while carrying the puck on Sunday in Boston. The Sens won 4-2. JARED WICKERHAM/GETTY IMAGES

Canada usurps U.S. for U-18 supremacy



Canadian players sing the national anthem after winning the world under-18 championship on Sunday in Sochi, Russia. ARTUR LEBEDEV/THE ASSOCIATED PRESS

Canada has ended four years of American dominance at the world under-18 men's hockey championship.

Frederik Gauthier's second-period goal stood as the winner as Canada rallied past the United States 3-2 to win the world title.

The Americans had a 2-1 lead at the midway point of

the game and outshot the Canadians 35-12 altogether.

"The U.S. are defending champions and they have been in this tournament for four years," said assistant coach Jody Hull. "I think we were a bit nervous at the beginning and we weren't able to get out of it but we stuck with it, we stayed with what our focus was and

stayed on the process.

"When we got opportunities we seemed to capitalize on them and our goaltender played great early to keep us in the game. That's what it's all about — a solid team effort from top to bottom."

Philippe Desrosiers stopped 33 shots in Canada's net for the win. **THE CANADIAN PRESS**

Hockey

Red Deer triumphs at Telus Cup

The Red Deer Chiefs are champions once again at the Telus Cup.

Matt Zentner made 27 saves as the Chiefs won for a second straight year at Canada's national midget hockey championship, 5-0 over the Ottawa Jr. 67's on Sunday in

Sault Ste. Marie, Ont.

Red Deer opened the scoring with Chase Thudium scoring late in the first before the Chiefs took a commanding 4-0 lead in the second on goals from Trey Degraaf, Ryker Leer and Chris Garrie.

Red Deer advanced to the final after beating the Saskatoon Contacts 5-1 in the semifinal.

THE CANADIAN PRESS

NFL

Marauders' Sewell to join Rams' Charles in Tennessee

McMaster Marauders offensive lineman Matt Sewell has signed a contract with the NFL's Tennessee Titans.

The six-foot-eight, 335-pound Sewell signed with the Titans late Saturday

night after being bypassed in the NFL draft.

Sewell, of Milton, Ont., will join Regina Rams defensive tackle Stefan Charles with the Titans.

Charles, of Oshawa, Ont., also signed with Tennessee as a free agent on Saturday after not being selected in the draft.

Both Sewell and Charles are eligible for next month's CFL draft. **THE CANADIAN PRESS**

Coming up short



"We're not in the playoffs, so we all underperformed."

General manager Paul Holmgren on Sunday commenting on his Philadelphia Flyers who failed to make the NHL playoffs for the first time since 2007 and only the second time since 1995.

Heat light up Bucks in 4-0 sweep



Chris Bosh of the Miami Heat puts in a reverse dunk against the Milwaukee Bucks in Game 4 of their Eastern Conference quarter-final series Sunday in Milwaukee. The Heat won 88-77 to sweep the series 4-0. JONATHAN DANIEL/GETTY IMAGES

NBA playoffs.

Miami earns milestone without Dwyane Wade, who will have at least a week to rest a bruised knee

LeBron James can cross another item off his to-do list.

James scored 30 points, Ray Allen had another big game against his old team and the Miami Heat got their first playoff sweep in the Big Three era, advancing to the Eastern Conference semifinals with an 88-77 victory over the Milwaukee Bucks on Sunday.

"It was our next big step as far as our growth," James said.

Faith in King James

"We just space the floor and see if they can stop him. If not, he knows where we are."

Miami Heat guard Ray Allen on his teammate LeBron James

"It's so hard to win on the road in the playoffs, in someone's building — especially when someone is playing for their last life. It's a big step for us."

And now the Heat have some much-needed time to rest. Dwyane Wade sat out Sunday's game, only the second post-season game he's missed in his career, because of his aching right knee. But with Miami not playing until next Saturday, at the earliest, he'll have plenty of time to treat the three bone bruises that caused him to miss six games near the end of the regular season.

Miami plays the winner of the Brooklyn-Chicago series. The Bulls lead that series 3-1, with Game 5 on Monday night in New York.

"It's big," Wade said of the time off. "Obviously, we're one of the oldest teams in the league, maybe the oldest team in terms of rotation players. Guys have some bumps and bruises coming out of this series, so it's going to be great to get some rest. But also we have to take this time to continue to stay sharp, to continue to stay in shape, as well."

Celtics vs. Knicks

Jason Terry scored Boston's last nine points and the Celtics weathered a strong comeback by the New York Knicks, avoiding a sweep with a 97-90 overtime win on Sunday.

- Paul Pierce led the Celtics with 29 points as they forced a fifth game in the series.
- Carmelo Anthony led the Knicks with 36 points.
- Game 5 is Wednesday night in New York, where the Knicks can win their first playoff series in 13 years.

Judging by the clinical way in which the Heat dissected the Bucks in this series, that isn't likely to be a problem.

The defending NBA champions won each game by double digits, getting contributions from their stars and subs alike. **THE ASSOCIATED PRESS**

NBA

Ailing Lakers bow out in Game 4

Tony Parker scored 23 points, and the San Antonio Spurs completed their first-round sweep of the injury-plagued Los Angeles Lakers with a 103-82 victory in Game 4 on Sunday night.

Tim Duncan had 11 points and six rebounds for the second-seeded Spurs, who will face the winner of Denver's series with Golden State in the second round. They'll get plenty of rest after flattening the Lakers, who finished without three regular starters in their first opening-round exit since 2007.

In his final game before unrestricted free agency, Dwight Howard scored seven points before getting ejected early in the third quarter for arguing.

Pau Gasol had 16 points for the Lakers, who were swept from the post-season for the second time in three years despite a late court-side appearance by Kobe Bryant on crutches.

THE ASSOCIATED PRESS

MLB. Bronx Bombers bring out broom on Jays

The last time R.A. Dickey had been on a pitcher's mound in New York, Mets fans showered him with affection in September after he became the team's first 20-game winner in more than two decades.

When he returned Sunday with the last-place Toronto Blue Jays, he left dejected.

"Obviously I wish for a better result," he said after giving up a pair of home runs to the New York Yankees, who beat him 3-2 to complete a four-game sweep of the no-longer-fancied Blue Jays.

Dealt to Toronto after going 20-3 and winning the NL Cy Young Award, Dickey (2-4) already has lost more games this year than in all of 2012. The 38-year-old allowed three runs and four hits in seven innings, with four strikeouts and a walk. He's been slowed by soreness in his neck and back.

Toronto (9-17) was swept in a four-game series in which it led every game for the first time since Sept. 19-21, 1995, at old Yankee Stadium. The Blue Jays were 4-for-24 with runners in scoring position in the series and struck out 37 times, including 13 Sunday.

"You want me to go out there and hit or something?" manager John Gibbons said. "I



Yankee Lyle Overbay, left, rounds the bases following his two-run home run off of Blue Jays pitcher R.A. Dickey on Sunday in New York. GETTY IMAGES

couldn't hit when I played."

Half of New York's hits on Sunday were homers.

Brennan Boesch sent a drive into the first row of the right-field seats in the second inning. After Toronto took a 2-1 lead against Phil Hughes on Lind's RBI single in the fourth and Izturis' run-scoring double off in scoring position in the series and struck out 37 times, including 13 Sunday.

THE ASSOCIATED PRESS

NHL

Stars fill GM role with Nill: Source

The Dallas Stars have chosen Jim Nill to replace fired general manager Joe Nieuwendyk, a person familiar with the decision told The Associated Press.

The person spoke on condition of anonymity Sunday night because the move hadn't been announced.

Dallas fired Nieuwendyk on Sunday after four seasons with two coaches and no playoff appearances. The Stars finished their season 22-22-4 Saturday without earning a spot in the playoffs for the fifth season in a row.

Nill has helped the Detroit Red Wings extend their post-season streak to 22 straight appearances. He was Detroit's assistant general manager for 15 seasons and has worked for the franchise's front office since 1994.

The Stars have scheduled a news conference for Monday to announce their new general manager. The team has refused to comment on reports that Nill would be Nieuwendyk's replacement.

THE ASSOCIATED PRESS

NBA PLAYOFFS

CONFERENCE QUARTER-FINALS

(Best-of-7; All Times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS MILWAUKEE (8)

(Miami wins series 4-0)

Sunday's result

Miami 88 Milwaukee 77

NEW YORK (2) VS BOSTON (7)

(New York leads 3-1)

Sunday's result

Boston 97 New York 90 (OT)

INDIANA (3) VS ATLANTA (6)

(Indiana leads series 2-1)

Monday's game

Indiana at Atlanta, 7:30 p.m.

BROOKLYN (4) VS CHICAGO (5)

(Chicago leads series 3-1)

Monday's game

Chicago at Brooklyn, 7 p.m.

WESTERN CONFERENCE

OKLAHOMA CITY (1) VS HOUSTON (8)

(Oklahoma City leads series 3-0)

Monday's game

Oklahoma City at Houston, 9:30 p.m.

SAN ANTONIO (1) VS L.A. LAKERS (7)

(San Antonio wins series 4-0)

Sunday's result

San Antonio 103 L.A. Lakers 82

DENVER (3) VS GOLDEN STATE (6)

(Golden State leads series 2-1)

Sunday's result

Denver at Golden State

L.A. CLIPPERS (4) VS MEMPHIS (5)

(Tie 2-2)

Tuesday's game

Memphis at L.A. Clippers, 10:30 p.m.

NHL

EASTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pt |
|----------------|----|----|----|-----|----|-----|-----|----|
| dx-Pittsburgh | 48 | 36 | 12 | 0 | 0 | 165 | 119 | 72 |
| dx-Montreal | 48 | 29 | 14 | 3 | 2 | 149 | 126 | 63 |
| dx-Washington | 48 | 27 | 18 | 3 | 0 | 149 | 130 | 57 |
| x-Boston | 48 | 28 | 14 | 3 | 3 | 131 | 109 | 62 |
| x-Toronto | 48 | 26 | 17 | 0 | 5 | 145 | 133 | 57 |
| x-NY Rangers | 48 | 26 | 18 | 0 | 4 | 130 | 112 | 56 |
| x-Ottawa | 48 | 25 | 17 | 2 | 4 | 116 | 104 | 56 |
| x-NY Islanders | 48 | 24 | 17 | 4 | 3 | 139 | 139 | 55 |
| Winnipeg | 48 | 24 | 21 | 0 | 3 | 128 | 144 | 51 |
| Philadelphia | 48 | 23 | 22 | 1 | 2 | 133 | 141 | 49 |
| New Jersey | 48 | 19 | 19 | 3 | 7 | 112 | 129 | 48 |
| Buffalo | 48 | 21 | 21 | 2 | 4 | 125 | 143 | 48 |
| Carolina | 48 | 19 | 25 | 3 | 1 | 128 | 160 | 42 |
| Tampa Bay | 48 | 18 | 26 | 1 | 3 | 148 | 150 | 40 |
| Florida | 48 | 15 | 27 | 5 | 1 | 112 | 171 | 36 |

WESTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pt |
|---------------|----|----|----|-----|----|-----|-----|----|
| dx-Chicago | 48 | 36 | 7 | 0 | 5 | 155 | 102 | 77 |
| dx-Anaheim | 48 | 30 | 12 | 3 | 3 | 140 | 118 | 66 |
| dx-Vancouver | 48 | 26 | 15 | 1 | 6 | 127 | 121 | 59 |
| x-St. Louis | 48 | 29 | 17 | 1 | 1 | 129 | 115 | 60 |
| x-Los Angeles | 48 | 27 | 16 | 1 | 4 | 133 | 118 | 59 |
| x-San Jose | 48 | 25 | 16 | 3 | 4 | 124 | 116 | 57 |
| x-Detroit | 48 | 24 | 16 | 3 | 5 | 124 | 115 | 56 |
| x-Minnesota | 48 | 26 | 19 | 1 | 2 | 122 | 127 | 55 |
| Columbus | 48 | 24 | 17 | 3 | 4 | 120 | 119 | 55 |
| Phoenix | 48 | 21 | 18 | 3 | 6 | 125 | 131 | 51 |
| Dallas | 48 | 22 | 23 | 3 | 1 | 130 | 142 | 48 |
| Edmonton | 48 | 19 | 22 | 4 | 3 | 125 | 134 | 45 |
| Calgary | 48 | 19 | 25 | 3 | 1 | 128 | 160 | 42 |
| Nashville | 48 | 16 | 23 | 3 | 6 | 111 | 139 | 41 |
| Colorado | 48 | 16 | 25 | 5 | 2 | 116 | 152 | 39 |

x - clinched playoff berth; y - division; z - conference.

Sunday's result

Ottawa 4 Boston 2

Saturday's results

NY Rangers 4 New Jersey 0

Philadelphia 2 Ottawa 1

Washington 3 Boston 2 (OT)

Detroit 3 Dallas 0

Montreal 4 Toronto 1

Florida 5 Tampa Bay 3

Columbus 3 Nashville 1

Pittsburgh 8 Carolina 3

Minnesota 3 Colorado 1

St. Louis 3 Chicago 1

Edmonton 7 Vancouver 2

Phoenix 5 Anaheim 3

Los Angeles 3 San Jose 2

MLB

AMERICAN LEAGUE

EAST DIVISION

| | W | L | Pct | GB |
|-----------|----|----|------|----|
| Boston | 18 | 7 | .720 | — |
| New York | 15 | 9 | .625 | 2½ |
| Baltimore | 15 | 10 | .600 | 3 |
| Tampa Bay | 12 | 13 | .480 | 6 |
| Toronto | 9 | 17 | .346 | 9½ |

CENTRAL DIVISION

| | W | L | Pct | GB |
|-------------|----|----|------|----|
| Kansas City | 13 | 8 | .619 | — |
| Detroit | 12 | 10 | .545 | 1½ |
| Minnesota | 11 | 10 | .524 | 2 |
| Chicago | 10 | 14 | .417 | 4½ |
| Cleveland | 8 | 13 | .381 | 5 |

WEST DIVISION

| | W | L | Pct | GB |
|-------------|----|----|------|----|
| Texas | 16 | 9 | .640 | — |
| Oakland | 14 | 12 | .538 | 2½ |
| Seattle | 11 | 16 | .407 | 6 |
| Los Angeles | 9 | 15 | .375 | 6½ |
| Houston | 7 | 18 | .280 | 9 |

Sunday's results

N.Y. Yankees 3 Toronto 2

Boston 6 Houston 1

Tampa Bay 8 Chicago White Sox 3

Minnesota 5 Texas 0

Kansas City 9 Cleveland 0

Oakland 9 Baltimore 8 (10)

Seattle 2 L.A. Angels 1

Atlanta at Detroit

Cleveland at Kansas City

Monday's games

All Times Eastern

Houston (Harrell 2-2) at N.Y. Yankees (Pet-

titte 3-1), 7:05 p.m.

Minnesota (Pelfrey 2-2) at Detroit (Scher-

zer 2-0), 7:08 p.m.

Cleveland (Jimenez 0-2) at Kansas City

(Davis 2-1), 8:10 p.m.

L.A. Angels (Hanson 2-1) at Oakland

(Straily 1-0), 10:05 p.m.

Baltimore (Britton 0-0) at Seattle (Saun-

ders 1-3), 10:10 p.m.

NATIONAL LEAGUE

Sunday's results

Miami 6 Chicago Cubs 4

Philadelphia 5 N.Y. Mets 1

Cincinnati 5 Washington 2

Pittsburgh 9 St. Louis 0

L.A. Dodgers 2 Milwaukee 0

Arizona 4 Colorado 2

San Diego 6 San Francisco 4

Horoscopes

Aries

March 21 - April 20

It's not like you to be so openly affectionate but someone seems to have fired up your passion. Whatever the reason for the sudden upsurge of loving feelings it's something you should do more often.

Taurus

April 21 - May 21

There are so many wonderful aspects operating in your favor now that all things are possible. Wishes you made in the past that came to nothing WILL come true this week.

Gemini

May 22 - June 21

If you need to give your self-confidence a boost ask a friend what they think of your latest creative project. Most likely they will praise it to the skies and your ego will go through the roof too.

Cancer

June 22 - July 23

What a loved one tells you today may be interesting but you would be wise not to take it too seriously. It could be that they have been misled, so check the facts carefully.

Leo

July 24 - Aug. 23

You could meet someone interesting today, but only if you make the effort to get out and about. You could also be the beneficiary of a stroke of good fortune you probably don't deserve.

Virgo

Aug. 24 - Sept. 23

If you make a few small and apparently insignificant savings now you won't have to make so many major sacrifices later on. As a Virgo you are supposed to be organized.

Libra

Sept. 24 - Oct. 23

Tell someone how you feel about them today — provided, of course, your feelings are warm and generous. Don't put it off a moment longer.

Scorpio

Oct. 24 - Nov. 22

You may want to help a colleague who clearly is in need of assistance but if you have already helped them several times in the recent past maybe you should let them suffer. It may be the only way they learn.

Sagittarius

Nov. 23 - Dec. 21

You are in an unusually loving mood at the moment and long may it continue. However, don't be so loving that you forget that not everyone shares your natural generosity.

Capricorn

Dec. 22 - Jan. 20

You may be unsure of your abilities but others have faith in you and will go out of their way to show it today. If they ask you to get up in front of an audience be brave and do it.

Aquarius

Jan. 21 - Feb. 19

You seem to be everyone's favorite Aquarius at the moment, but don't let it lull you into a false sense of security. You still have some big issues to deal with and some big rivals to overcome.

Pisces

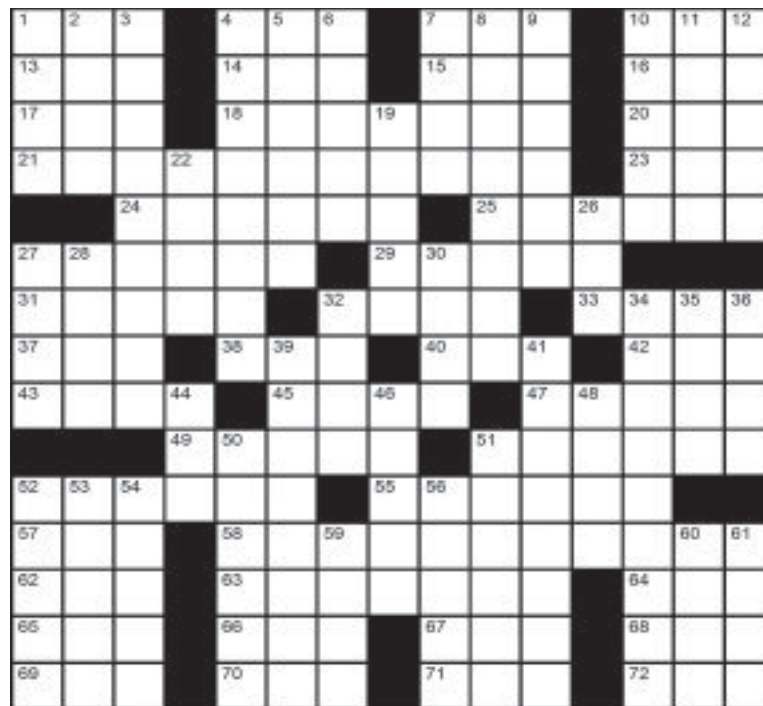
Feb. 20 - March 20

The next few days are going to be very busy indeed, not only in body but in mind as well. New ideas will grab your attention and new opportunities will tempt you to try something different. So try. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. _ _ _ Cosmetics
4. Tee- _ (Chuckle)
7. Opera singing style, _ canto
10. Tub
13. Texting point-of-view
14. Crawling plant
15. Iron's partner
16. 'Percent' suffix
17. Wetland
18. _ Triangle
20. Company name abbr.
21. New Brunswick's provincial capital
23. Headed
24. _ Globetrotters
25. Crunchy veggie
27. Canadian actor Henry of ABC's "Revenge"
29. Milk carton size
31. Raccoon-like animal
32. Dean Martin's nickname
33. Twirled
37. Pay-when-received [acronym]
38. House siding material, for short
40. Airport screen abbr.
42. Maritime workers' org.
43. " _ Excited" by The Pointer Sisters
45. Overlook
47. Master of ceremonies



49. Safety _ (Accessibility aids)
51. Bicycle wheel parts
52. Residential area
55. On the beach
57. 'Cond' completer (Excuse)
58. Telemarketing workplaces: 2 wds.
62. Thespian's verb

63. Garden's lat-ticework
64. Little devil
65. Boring routine
66. 'Glycer' suffix
67. 'Mod' suffix
68. Ms. Peebles
69. Barn abode
70. Lettuce variety
71. Some univ. degrees

72. Axl Rose's rock gr.

Down

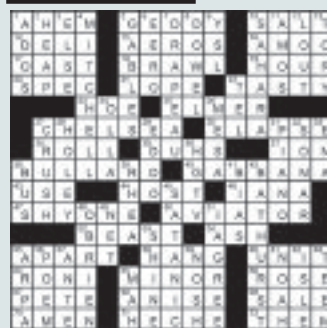
1. Annoy
2. Actress Ms. Ferrara, for short
3. 1993 Dan Aykroyd comedy in which he reprised his Beldar character from "Saturday Night Live"

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

10. Montreal's Place _ Marie
11. Adjust
12. Toy bear
19. Old Rome's 1951
22. Dash
26. WKRP employee
27. Gladiator's 301
28. Move quickly
30. _ the finish: 2 wds.
32. Toss away
34. _ Nuclear (Generating station east of Toronto)
35. 1997 Peter Fonda title role
36. Rob Roy's refusals
39. Guy _ and His Royal Canadians
41. Answers: French
44. Q. "What's the 21st letter?" A. "Hmmm... either T _"
46. "Love _ you need." - The Beatles
48. Beetle Bailey creator Mr. Walker
50. North Pole's _ Ocean
51. Canadian actress Ms. McCarthy
52. Goes parasailing
53. Not-mowed grass
54. Actress Ms. White
56. _ 7 (Brit pop group)
59. Some brand name jeans
60. Scale with one sharp, _
61. Box

Friday's Crossword

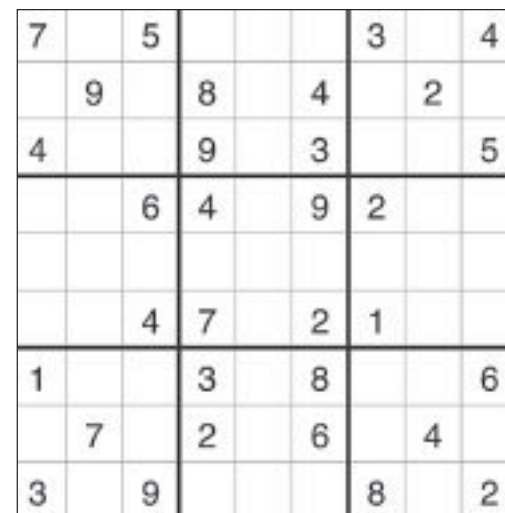
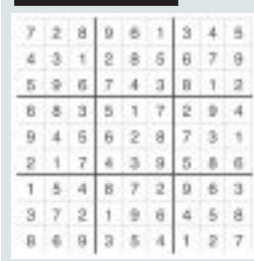


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY



MAX: 16°
MIN: 1°

TUESDAY



MAX: 2°
MIN: 0°

WEDNESDAY



MAX: 1°
MIN: -4°



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